

# Get help with dementia

If you're worried about becoming forgetful or confused, or you think you may have dementia, speak to your GP.

There can be reasons other than dementia that cause memory difficulties. Your GP can arrange tests to help rule out any other causes.

If your GP thinks you do have dementia, they may refer you to the Memory Assessment Service (<https://hereweare.org.uk/what-we-do/brighton-hove-memory-assessment-service/>). They can do some memory tests, make a diagnosis and give you support.?

Find out more about dementia (<https://www.nhs.uk/conditions/dementia/>) on the NHS website.

Get help with dementia in British Sign Language (<https://youtu.be/kHRAypXZrKE>)

## **About dementia (#21971)**

Dementia is a collection of symptoms caused by damage to the brain.

The common symptoms of dementia include:

- memory loss
- difficulty concentrating
- confusion about the time and where you are
- struggling to follow a conversation or find the right words
- difficulty carrying out daily tasks

There are different types and causes of dementia. The most common types are Alzheimer's disease (<https://www.nhs.uk/conditions/alzheimers-disease/>) and vascular dementia (<https://www.nhs.uk/conditions/vascular-dementia/>).

## **Where to get help (#21976)**

There are local services for people with dementia, and their carers.?

You can:

- get support from the Alzheimer's Society? (<https://www.alzheimers.org.uk/>)
- find local support services (<https://www.brighton-hove.gov.uk/hasc/directories/health-and-adult-social-care>)
- get help if you're a carer from the Carers Hub (<https://carershub.co.uk/>)

If you find it difficult to cope at home, ask for an assessment from Adult Social Care. They can tell you what care and support is available.

Start the assessment (<https://www.brighton-hove.gov.uk/adult-social-care-hub/adult-social-care-assessment>)